

Vegetable of the Month

Sweet Potatoes



Nutrition Facts	
Serving Size (99g)	
Servings Per Container	
Amount Per Serving	
Calories 100	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 24g	8%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 2g	
Vitamin A 400%	• Vitamin C 40%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Sweet potatoes are a Native American plant that was the main source of nourishment for early homesteaders and for soldiers during the Revolutionary War. These tuberous roots are among the most nutritious foods in the vegetable kingdom. They are packed with calcium, potassium, and vitamins A and C. This is why one colonial physician called them the "vegetable indispensable." Sweet potatoes are often confused with yams, but yams are large, starchy roots grown in Africa and Asia. Yams can grow up to 100 pounds and are rarely available in American supermarkets. Nutritionally, sweet potatoes greatly outweigh yams. Because of the common use of the term "yam," it is acceptable to use this term when referring to sweet potatoes.

Sweet potatoes contain an enzyme that converts most of its starches into sugars as the potato matures. This sweetness continues to increase during storage and when they are cooked.

Selection

Choose firm, dark, smooth sweet potatoes without wrinkles, bruises, sprouts, or decay. Even if cut away, a decayed spot may have already caused the whole potato to take on an unpleasant flavor.

Storage

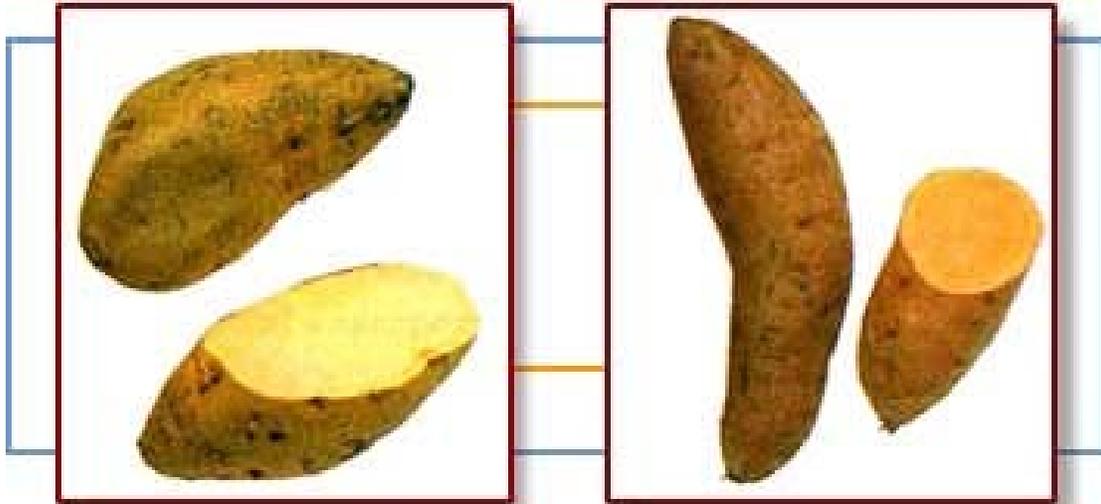
Sweet potatoes spoil rapidly. To keep them fresh, store them in a dry, cool (55-60°F) place such as a cellar, pantry, or garage. Do not store them in the refrigerator, where they will develop a hard core and an "off" taste. If stored properly, sweet potatoes will keep for a month or longer. At normal room temperature, they should be used within a week of purchase. You may brush off any excess dirt before storing, but do not wash them until you are ready to cook them. It is the moisture from washing that will increase their spoilage.

Preparation

Wash sweet potatoes well. Cook them whole whenever possible as most of the nutrients are next to the skin, and skins are easier to remove after they have been cooked. Pierce skin with fork. Place potatoes in a pan and cook in an oven heated to 375°F for about 45 minutes or until tender. Cool potatoes slightly before removing skins. Sweet potatoes can be cooked in a microwave oven to save time. Wash and pierce potatoes, then place them on a paper towel. The cooking time for 2 medium potatoes is on high for 5-9 minutes, and 4 potatoes, 10-13 minutes. Yellow and dark orange sweet potatoes can be used interchangeably in recipes. Try not to mix the two types in a single dish, because their different textures and cooking times may affect the outcome of the recipe. The yellow variety takes longer to cook than the orange and will be done at the upper range of cooking times.

Varieties

Although sweet potatoes are harvested in August through October, they are available in supermarkets all year. Many stores feature them at Thanksgiving and Christmas. There are two varieties of sweet potatoes; the pale yellow with a dry flesh and the dark orange with a moist flesh. The dark orange variety is plumper in shape and somewhat sweeter than the yellow variety.



Yellow, dry-fleshed

Orange, moist-fleshed

Make Sweet Potatoes Part of Your 5 A Day Plan



It is easy to include sweet potatoes in your 5 A Day Plan. Use them in soups, casseroles, puddings, baked goods, or as a substitute for white potatoes in your favorite recipes. They make a nice addition to stir-fries; cut them into thin sticks so that they will cook quickly.

Recipes

Sweet Potatoes & Carrot a L'orange

Makes 4 servings

Each serving equals two 5 A Day servings

2 cups thinly sliced sweet potatoes (1 large)

1 cup sliced carrots

1/2 cup orange juice

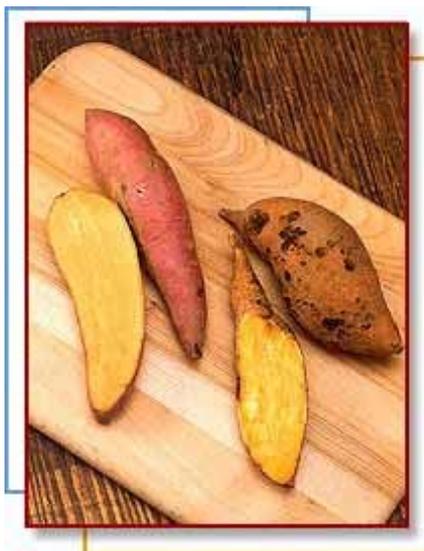
1 tsp orange peel, grated

1 tsp lemon juice

1 tsp cornstarch

1 Tbsp water

2 Tbsp slivered almonds



Boil or steam sweet potatoes and carrots until tender. When they are almost done, heat orange juice to boiling in saucepan. Add the orange peel and lemon juice. Dissolve the cornstarch in 1 Tbsp water and add to orange mixture. Continue to heat, stirring until thickened. Remove vegetables from pot and place in serving dish. Drizzle orange sauce over them and sprinkle almonds on top.

Nutritional analysis per serving: calories 161, protein 3g, fat 2g, percent calories from fat 13%, cholesterol 0mg, carbohydrates 33g, fiber 5g, sodium 23mg

Glazed Sweet Potatoes

Makes 4 servings

Each serving equals four 5 A Day servings

1 lb sweet potatoes, peeled and cut into 1/2 inch-thick slices

vegetable cooking spray

1 Tbsp cornstarch

1 Tbsp brown sugar

3/4 cup unsweetened orange juice

2 Tbsp lemon juice

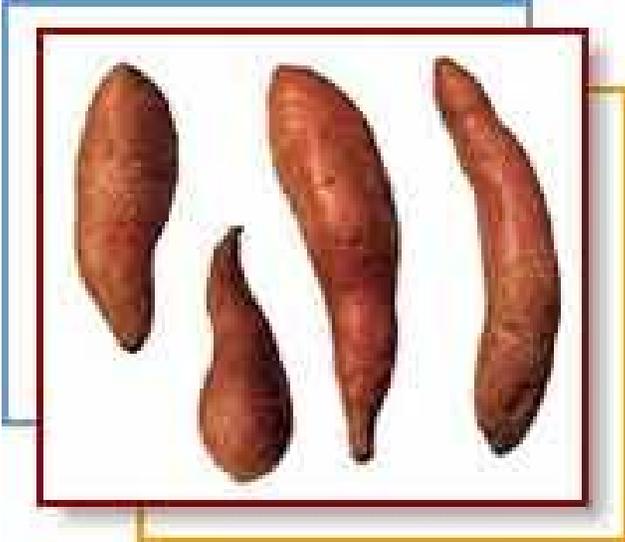
Spray 1 quart casserole dish with cooking spray and place potato slices in the bottom. Combine cornstarch and brown sugar in a small bowl and add orange and lemon juices, stirring well. Pour over potatoes and cover and bake at 425°F for 40 minutes or until potatoes are tender and glaze is thickened.

Nutritional analysis per serving: calories 161, protein 2g, fat 0g, percent calories from fat 3%, cholesterol 0, carbohydrates 38g, fiber 4g, sodium 17mg

Sweet Potato Pancakes

Makes 8 servings

Each serving equals two 5 A Day servings



6 cups peeled and finely shredded sweet potatoes

1 cup finely shredded onions

1 tsp salt-free herb seasoning

1 2/3 cup unbleached flour

1/3 cup chopped fresh flat-leaf parsley

2 cups finely shredded zucchini

1/4 cup lemon juice

1 1/2 cups egg substitute

6 tsp canola oil, divided

In a large bowl, mix the sweet potatoes, zucchini, onions, lemon juice, herb blend, egg, flour, and parsley. In a large no-stick frying pan or griddle over medium-high heat, warm 2 tsp of the oil. Drop a large Tbsp of the batter into the pan and spread it with a spatula to form a thin pancake. Add more batter to fill the pan without crowding the pancakes.

Cook for about 2 minutes per side, or until golden and crispy. Remove from the pan and keep warm. Repeat, adding the remaining 4 tsp oil as needed, until all the batter has been used.

Nutrition information per serving: calories 267, protein 11g, fat 6g, percent calories from fat 20%, cholesterol 0mg, carbohydrates 44g, fiber 3g, sodium 94mg